



# أَلْعَدْلُ

"Al-Adl"

The One who rectifies and sets matters straight in the fairest way; The One who delivers absolute justice. Ibn al-Qayyim (may Allah have mercy on him) said, Justice is one of His attributes, so He is just in what He says and what He does and what He rules.

**Reflection:** There are many levels of Justice that we can establish in our lives to become people of justice, and there are both internal and external manifestations of this quality that we can work on, to become people of justice.

We can first internalise this quality of being fair and just, and then seek to establish it- both within ourselves and with others:

- When we are just to our bodies, we can excel – when we give them the right nourishment, the right sleep, the right exercise and care then our body serves us well.
- When we choose to be just with ourselves and just in our expectations of ourselves, without blaming, shaming, guiltig or comparing ourselves to others, we can be resilient and experience peak mental and emotional health, which serves us and those around us too
- When we are just to our spiritual hearts and feed and nourish our emaan, then our souls experience the tranquillity of being in alignment with their purpose.

## AFFIRMATIONS

I am deeply grateful to Allah for...

## AYAT

"I completely and fully surrender to Allah's Judgment and Justice, and know that His Justice takes into account every minute detail of every affair, so His Justice is perfect."



**Living with this Name:** Once we have internalised justice by establishing it within ourselves as the basis of how we operate and we treat ourselves with justice, that's a major step in becoming a person of Justice, and we can then move on to more external expressions too:

We can work to establish justice within our families, between our children, if we have them. Are we being fair to our children and are we being fair between them? Do we have a favourite, and if so, are we working to make sure that preference is not manifested in actions? Do the other children know that we have a favourite- is that fair to them?

When we have families established upon the principle of justice, we can move forward to having communities which are built upon justice and which stand for justice for all. And that is when we become the best of nations, enjoining the good and calling out the evil and wrong. And it begins with establishing justice within each of our lives fully.

### **ACTION POINTS**

Is there somewhere in your life where you have you experienced injustice, and how does knowing about Allah being al-Adl help you?

Where in your life can you live with this name and establish more justice:  
And be more just with yourself?  
And be more just with your family...  
In your community?

### **DUAS**

What duaa will you ask Allah for, using His name al-Adl...